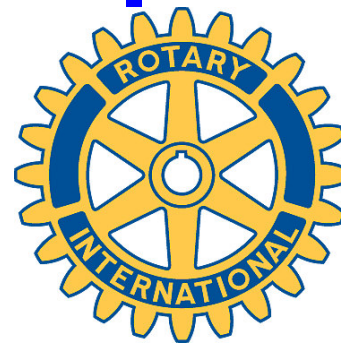


5th Annual Flapjack Foot Race 5k, 10k and 1 Mile Run/Walk Saturday Nov. 2, 2012

Hosted by
The Rotary Club of Morganton



**Where: Start/Finish @ Martha's Park, Morganton, NC
Route through Scenic downtown Morganton**

Located between Collett St. and Union Street in downtown Morganton.
FROM I-40 East and West, exit 105 turn right proceed straight into downtown area turn left at Union St. the Right on King St. make a left into parking lot.

When: Saturday Nov. 2, 2012
7:30 am - Registration Opens
8:30 am - 5k and 10k starts
9:30 am - 1 mile Run/Walk Starts

Awards for top 3 in each age group for 5k and 10k:
10-and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over

Before 10/28: \$15 for 5k /10k \$20 race day
\$10 for 1 mile, \$15 race day, \$40/family
- Ribbons to everyone in the 1 mile

Contact: Alan Clark, 403-9600, alan@appwooddoors.com

Join us for Pancake Breakfast Post Race

REGISTRATION

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Circle one: 5k / 10k / 1 mi

Phone: _____ EMAIL: _____

Age on Race Day: _____ Birth date: ____/____/____ Sex: M / F T-Shirt Size: S M L XL

Entry \$ _____ + _____ @ \$7 each for optional pancake breakfast = Total enclosed \$ _____

Please have checks made payable to: **Rotary Club of Morganton**

Mail to: PO Box 294 , Morganton, NC 28680

RELEASE WAIVER: I know that running is a potentially hazardous activity. I know that I should not enter the run walk unless I am medically fit and properly trained. I assume all risks associated with participating in the 5K, 10k and/or 1 mile including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and humidity, or cold temperatures and rainy conditions; vehicular traffic and conditions of the road; all risks being known and appreciated by me. I give permission for free use of my name, voice recording, and /or picture in any broadcast, telecast, or other account of media related coverage of this event.

Signature X _____ Date _____